



# BETH WARREN

## NUTRITION

### Spaghetti Squash and Turkey Meat Sauce Recipe

Serves 6. A delicious pasta substitute to please any palette!

#### INGREDIENTS

2 large and long spaghetti squash

1 small onion, chopped small

1 tbsp extra virgin olive oil

1 lb. ground turkey

2 small cans tomato sauce

#### INSTRUCTIONS

Cut the spaghetti squash in half, the long way. Place pit side down on a baking sheet.

Roast in the oven on 400 degrees for 1 hr (or until inside is soft).

Spoon out the pits and discard.

Take a fork and “rake” the inside of the spaghetti squash to get the spaghetti-like texture. Place inside a bowl. Put aside.

In a pot, place the olive oil and onions and sauté on medium heat until the onions begin to sizzle and emit a smell.

Add in the chopped turkey and with a fork, spread apart/separate the meat. Add in the tomato sauce and stir to combine. Place the cover on the pot. Lower the flame and allow to cook about 30 minutes.

Check on the meat as it cooks, continuously forking to separate the chopped meat, ensuring it doesn't burn. Last, add to the spaghetti squash in the bowl, stir to combine and serve!

B'tayavon!